

Beetitudes

WEEKLY MEAL PLAN

AUGUST 4 - 10

RECIPE

Tofu Kebabs

Turmeric Garlic Rice

SHOPPING LIST

Extra firm tofu

Yellow onion

red onion

garlic

cumin

brown rice

coriander

vegetable broth

sumac

dried mint

turmeric

chili powder

tomato puree

wheat or chickpea flour

cilantro

